

Better Circulation & Vitality After 60

A Gentle Guide to Boosting Nitric Oxide Naturally

Keep Well Nutrition Toolkit

■ Why Blood Flow Matters After 60

Healthy circulation keeps every part of your body working at its best — from your brain and heart to your muscles and skin. As we get older, nitric oxide (NO) levels naturally decline. This can lead to stiffness, fatigue, slower recovery, and reduced vitality. The good news? With the right foods, habits, and gentle movement, you can encourage your body to make more nitric oxide naturally.

■ What Is Nitric Oxide?

Nitric oxide is a natural gas molecule produced by your body from nutrients like nitrates and amino acids. It acts as a signalling messenger, telling your blood vessels to relax and open up — improving oxygen and nutrient delivery throughout your body.

■ Top Nitric Oxide–Boosting Foods

- Beetroot (juice • roasted • powder)
- Spinach • Rocket • Kale
- Pomegranate • Watermelon • Citrus
- Garlic • Ginger
- Dark chocolate (70%+)
- Nuts and seeds for magnesium and arginine

■ **Tip:** Hydration helps nitric oxide do its job — keep your water intake up, especially around activity.

■■■■■ Everyday Circulation Boosters

- Brisk walking, cycling, or dancing for 20–30 minutes daily
- Resistance-band or chair-based strength routines
- Deep belly breathing and stretching
- Warm-and-cool shower contrast
- Massage or gentle foam rolling
- Laughter — yes, it releases nitric oxide too!

■ Circulation and Sexual Wellbeing

Healthy blood flow supports more than just your heart and energy — it also contributes to sexual wellness for both men and women.

For Men:

- Supports stronger, more reliable circulation
- Enhances natural performance and confidence
- Helps balance stamina and energy levels

For Women:

- Improves oxygen and nutrient flow to pelvic tissues
- Enhances arousal and sensitivity naturally
- Supports hormonal balance and mood

■ Top 10 Benefits of Healthy Nitric Oxide Levels

1. Improves blood circulation throughout the body
2. Enhances energy and reduces fatigue
3. Supports heart and vascular health
4. Boosts muscle performance and recovery
5. Sharpens mental focus and alertness
6. Strengthens immune response
7. Promotes healthier skin and complexion
8. Aids digestion and nutrient absorption
9. Enhances sexual function and sensitivity in men and women
10. Encourages a sense of overall vitality and wellbeing

■ Daily Flow Routine

Morning	Midday	Evening
Lemon water + short walk	Beetroot or green smoothie	Stretch & breathe before bed

■ Simple Takeaway

Better blood flow means better living — more movement, clearer thinking, stronger energy, and even improved intimacy. By eating smart, moving daily, and breathing deeply, you can help your body restore its natural vitality — one day at a time.

Keep Well Nutrition

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